

Table 1. Demographic characteristics of the study population	
Age (years)	65.0 ± 10.0
Gender	
Male	50 (50.0%)
Female	50 (50.0%)
Education (years)	12.0 ± 2.0
Marital status	
Married	40 (80.0%)
Single	10 (20.0%)
Occupation	
Retired	30 (60.0%)
Unemployed	20 (40.0%)
Income (USD/month)	1,200 ± 300
Health status	
Good	30 (60.0%)
Fair	20 (40.0%)
Poor	10 (20.0%)
Comorbidities	
Hypertension	20 (40.0%)
Diabetes	10 (20.0%)
Cholesterol	15 (30.0%)
Arthritis	10 (20.0%)
Depression	5 (10.0%)
Medication	
Antidepressants	10 (20.0%)
Antipsychotics	5 (10.0%)
Anticholinergics	5 (10.0%)
Other	10 (20.0%)
Duration of illness (years)	5.0 ± 3.0
Severity of illness	
Mild	20 (40.0%)
Severe	30 (60.0%)
Functional status	
Independent	30 (60.0%)
Dependent	20 (40.0%)
Quality of life (SF-36)	45.0 ± 10.0
Social support	
High	20 (40.0%)
Low	30 (60.0%)
Stress levels	
Low	20 (40.0%)
High	30 (60.0%)
Life satisfaction	
High	20 (40.0%)
Low	30 (60.0%)
Overall health	
Good	20 (40.0%)
Fair	20 (40.0%)
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Cholesterol	15 (30.0%)
Smoking status	
Smoker	10 (20.0%)
Non-smoker	40 (80.0%)
Alcohol consumption	
Regular	5 (10.0%)
Occasional	15 (30.0%)
Never	30 (60.0%)

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